

DSDHH Classes and Presentations for Hearing Loss

For the Hard of Hearing, Late-Deafened, their Families and Friends.

Classes

Beginning Speechreading/Lipreading – Part 1: once a week for 9 weeks. Part 2: once a week for 9 weeks. Each class is 90 minute, new people can join in part 2. *Purpose:* Develop communication skills to supplement those with hearing loss.

- The shape of sounds on the lips
- Lipreading techniques
- Non-vocal drills

No book required.

Beginning Sign Language – Part 1: once a week for 8 weeks. Part 2: once a week for 8 weeks. Each class is 90 minutes. *Purpose:* Increase communication skills learning American Sign Language (ASL) with English syntax and grammar. Slow-paced class in an easy, supportive atmosphere.

- Lessons include: Time & days, family, clothes, food, emotions, health, health, money & more.
- Learn an average of 50 signs (or fewer) each lesson.
- Learning sign language includes gestures, facial expressions, directionality and classifiers.
- Build a working vocabulary: new signs, review signs learned and practice with conversation.

Book required: *Easy Guide to American Sign Language: Learn the Basics Fast* by Lora Heller

Conversation Sign Class– Once a week for 8 weeks, 90 minutes each class. *Purpose:* Use skills learned in the Beginning Sign Language class in a conversational, supportive setting.

Pre-requisite: Beginning Sign Language class, parts 1 and 2.

- Weekly assigned topics, prepare a conversation to sign in class.
- Improve receptive skills by watching other people sign.
- New signs may be taught during class to promote conversation.

No book required but a sign language dictionary might be helpful.

Living with Hearing Loss – Once a week for 6 weeks, 90 minutes each class. *Purpose:* Adjust communication habits to improve conversation between those with hearing loss and their hearing partners.

- Symptoms and myths associated with hearing loss.
- Causes behind communication breakdowns that lead to misunderstandings.
- How to effectively respond to communication breakdowns.
- Coping with the grieving process.
- Becoming your own advocate.

No book required.



For more information and to request ADA accommodations, contact 801-657-5200.
DSDHH is a part of the Department of Workforce Services, Utah State Office of Rehabilitation.
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Hearing Aids 101: When hearing aids join the family – Once a week for 4 weeks, 90 minutes each class. *Purpose:* Make informed decisions about hearing aids.

Focus:

- The expectation of hearing aids vs. the reality.
- How hearing aids work, protecting your hearing aids, batteries and more.
- Other technology: Bluetooth, telecoil and more.

No book required.

Tinnitus – One 90 minute class. *Purpose:* Increase knowledge and resources to cope with tinnitus.

- Sounds of tinnitus, causes and triggers.
- Habituation with coping skills.

Presentations

(Can be modified to fit your needs.)

- **Let's Talk About Hearing Loss:** Stats on hearing loss, basic information, and an introduction to our services, 45 minutes to 60 minutes.
- **Getting More From Your Hearing Aids and Cochlear Implants:** Overview on what hearing devices can and cannot do, 45 minutes to 60 minutes.
- **Lipreading Basics:** Overview on what lipreading is and is not, 45 to 60 minutes.
- Watch for ***new presentations*** with various topics related to hearing loss held at the Sanderson Community Center to the Deaf and Hard of Hearing.

Workshops

- **Living with Hearing Loss** – A condensed 3 hour workshop covering the basics of our Living with Hearing Loss 6 week course.
- Watch for ***new workshops*** on various topics held at the Sanderson Community Center to the Deaf and Hard of Hearing.

Other Events

Signing Social for the Hard of Hearing and Late-Deafened at the Sanderson Community Center. Practice sign language in English order in a supportive atmosphere. All levels of signing are welcome. Check our Northern Utah Registration page for dates and times.

Stay up to date! To find out about upcoming classes, presentations and workshops at the Sanderson Community Center, sign up for our email blast at **www.deafservices.utah.gov** or follow us on Facebook: www.facebook.com/UtahHardOfHearingServices.



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